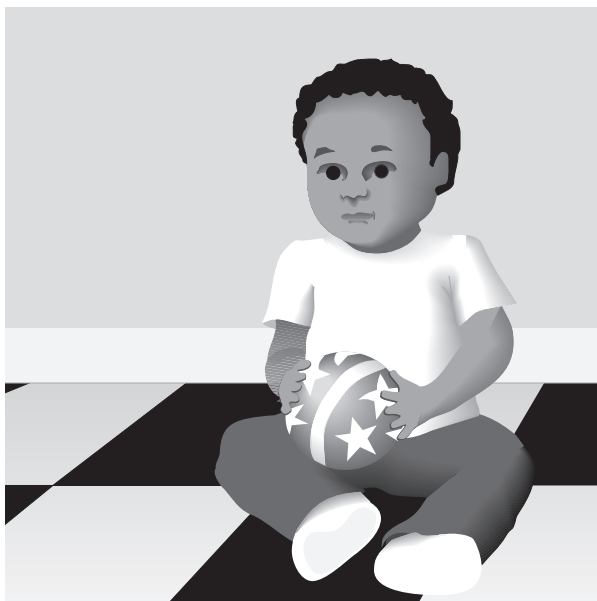


學習認識 鉛中毒

保護您的子女



鉛會損壞您子女的腦部

- 鉛中毒會令孩子在學習、集中注意力和行為上有困難。
- 幼童比年齡較大的孩子更常患鉛中毒，而鉛對這些幼童的傷害也更大。



大部份鉛中毒的孩子外表及行為看來無病

- 要知道子女是否鉛中毒的唯一方法就是驗血。
- 請教您子女的醫生。您的孩子可能需要做鉛中毒血液檢驗。大多數小孩是在一或兩歲時做檢驗，一些兩歲以上的孩子也需要驗血。
- 您的子女也可獲得包括鉛中毒血液檢查在內的免費保健服務，請致電 1-888-747-1222 免費電話查詢。
- 若妳懷孕，鉛毒亦有可能傷害到您的胎兒。請向醫生詢問妳是否應該做鉛中毒的血液檢驗。

注意以下這些鉛危害

採取下列步驟來確保子女的安全。



在 1978 年之前所建的住屋及建築物的油漆和四周的塵埃含鉛。

- 經常拖地、濕抹窗台、吸塵及使用家庭清潔劑清洗所有表面。用清水沖洗乾淨。
- 經常替子女洗手，尤其是在吃飯及睡覺前。經常替子女清洗玩具。
- 不要讓子女嚼咬塗了油漆的表面或吃入油漆碎片。
- 將住屋外空置的泥土用植物、踏石、水泥、樹皮或碎石覆蓋。
- 在進入住屋前，先脫掉鞋或在門口的擦鞋墊上將鞋底擦乾淨。
- 除非您已測試過及確知油漆沒有含鉛，否則絕對不可用砂磨、乾刮、強力沖洗或以噴沙器沖刷等方法來清除油漆。請致電您當地的兒童鉛中毒預防計劃，詢問有關檢查油漆的資訊。



老舊、手工製或美國境外製造的碟 / 盤、罐等器皿中含有鉛。

- 先將這些器皿做過鉛測試後再用來盛裝食物及飲料。請致電您當地的兒童鉛中毒預防計劃詢問有關碟 / 盤、罐等器皿測試的資訊。

鉛存在於許多工作環境。

- 要求雇主告知您的工作是否接觸到鉛。發現含鉛的工作環境包括：
 - 會接觸到冷卻器或電池的地方、或進行接合或焊接的工場
 - 在 1978 年以前建成並進行油漆及翻新工程的樓房
- 若工作上會接觸鉛，在您回家之前將工作服及工作鞋換下，並先洗澡或淋浴。

請確定您帶回家中的產品不含鉛。

下列產品通常都含鉛：

- 家用藥品 (淺橙色、黃色、或白色粉末) Greta、Azarcon、Paylooah 或 Liga
- 化妝品如 Kohl 及 Surma
- 某些進口糖果，特別是用羅望子 (tamarind) 果實做的墨西哥糖果。

保護子女不受鉛害

給子女吃健康的食物及點心，包括蔬菜及下列食物有含豐富的：

- 鈣質 (牛奶、芝士、酸乳酪、玉米薄餅及豆腐等)
- 鐵質 (肉類、雞肉、熟乾豆、加鐵質的麥片、葡萄乾及其它水果乾)
- 維生素 C (橙及橙汁、西柚及西柚汁，和蕃茄及蕃茄汁)

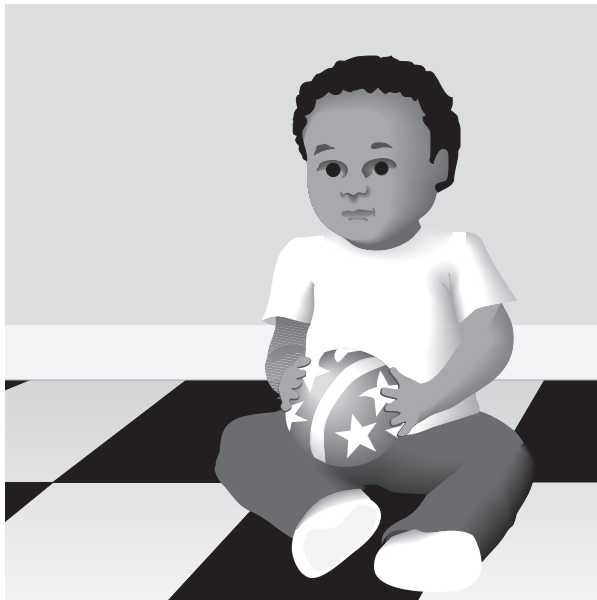
欲知更多詳情

請致電您當地的兒童鉛中毒預防計劃或查閱下列網站：

www.dhs.ca.gov/childlead

Learn About **LEAD POISONING**

Protect Your Children



Lead can harm a child's brain

- Lead poisoning can make it hard for children to learn, pay attention and behave.
- Young children get lead poisoning more often than older children. Lead is also more harmful to them.



Most children who have lead poisoning do not look or act sick

- The only way to know if your child has lead poisoning is for your child to get a blood test for lead.
- Talk to your child's doctor. Your child may need a blood test for lead poisoning. Most children are tested at 1 and 2 years old. Some children over 2 also need to get tested.
- **Your child may be able to get free health care, including tests for lead. To find out, call 1-888-747-1222. The call is free.**
- If you are pregnant, lead can hurt your baby. Ask your doctor if you should get a blood test for lead.

BEWARE OF THESE LEAD DANGERS

Take these steps to keep your child safe.



LEAD IS IN paint and dust inside and outside of homes and buildings built before 1978.

- Wet mop floors, wet wipe window sills, vacuum, and wash all surfaces often with household cleaner. Rinse with clean water.
- Wash your child's hands often, especially before eating and sleeping. Also wash your child's toys often.
- Do not let your child chew on painted surfaces or eat paint chips.
- Cover bare dirt outside your home with plants, paving stones, concrete, bark, or gravel.
- Take off shoes or wipe them on a doormat before going inside.
- Never sand, dry scrape, power wash or sandblast paint unless it has been tested and does not have lead in it. Call your local Childhood Lead Poisoning Prevention Program to find out about testing your paint.



LEAD IS IN pots and dishes that are old, handmade, or made outside of the U.S.

- Have these tested for lead before you use them for food or drinks. Call your local Childhood Lead Poisoning Prevention Program to find out about testing your pots and dishes.
- **LEAD IS IN many workplaces.**
 - Ask your employer to tell you if you work with lead. Workplaces where lead is found include:
 - places where people work with radiators or batteries, or do soldering or welding
 - places built before 1978 that are being painted or remodeled
 - If you work with lead, change out of your work clothes and shoes, and wash or shower before you come home.

Be sure that products you bring home do not have lead in them

These products often have lead in them:

- **home remedies** (bright orange, yellow, or white powders) like Greta, Azarcon, Paylooah, or Liga
- **make-up** like Kohl and Surma
- **some imported candies**, especially candies from Mexico made with tamarind fruit

Protect your child from lead

Feed your child healthy meals and snacks that include vegetables, and foods rich in:

- **calcium** (milk, cheese, yogurt, corn tortillas, tofu or bean curd)
- **iron** (meat, chicken, cooked dried beans, iron-fortified cereals, and raisins and other dried fruit)
- **vitamin C** (oranges and orange juice, grapefruit and grapefruit juice, and tomatoes and tomato juice)

For more information

Call your local Childhood Lead Poisoning Prevention Program or check on-line at:

www.dhs.ca.gov/childlead